

# COMMANDER'S HOUSE ADULT AND SENIOR COMMUNITY CENTER

## COMMANDER'S HOUSE STAFF

### Parks & Recreation

- **Site Supervisor**  
  
**Kevin Sykes**
- **Director**  
  
**Gloria De La Cruz-Sandoval**
- **Community Center Leader**  
  
**Jorge De La Rosa Jr.**
- **Community Center Leader**  
  
**Angel Ruiz**

### HEB Staff

- **Chef**  
  
**Albert Rodriguez**

## INSIDE THIS ISSUE:

- **Weekly Class Schedule**
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# Bugle Call

**November/December 2015**

## A Big “Bravo” for Bravo for ArtAbility!



Best In Show, James Abernathy (Middle) with Councilman Warrick and Janie Castillo, Judge.

The Commander's House announced the winners of the annual Bravo for ArtAbility art exhibit, a competition honoring the passion and extraordinary talents of seniors around the city. Judges awarded Best in Show, First, Second, Third place by category, and Honorable Mention. People's Choice was also awarded as voted on by all those in attendance on the night of the event. There were five art categories for this exhibit with winners in each

category. Congratulations once again to all our winners and thank you to everyone who participated in Bravo, whether you visited as a spectator or a served as a volunteer. It is because of YOU Commander's House and our partners are able to put on this exciting and fun event!



Pictured Above: The Bravo Award-winning artists with Councilman Trevino's Staff and CPS Casa Verde Great Day SA Spokesperson Albert Cantu. Pictured from left: People's Choice winning artists, Lydia Lerma. For a full list of winning artists, See pg 5.

## November Dates-To-Remember

### **November 2015**

- 1 - MEMBERSHIP PRIZE DRIVE BEGINS
- 2 - Bingo 1:30 p.m.
- 4 - Birthday Bash 11:30 a.m.
- 6 - Rise and Shine Event 9:30 a.m.
- 10 - Veterans Day Recognition 10:30 a.m.
- 10 - Veterans Day Luncheon 12:00 p.m.
- 11 - Center Closed / Veterans Day

- 17 - Turkey Bowl 9:30 a.m.
- 17 - Thanksgiving Day Lunch 12:00 p.m.
- 18 - Thanksgiving Day Lunch 12:00 p.m.
- 19 - Thanksgiving Day Lunch 12:00 p.m.
- 23 - Christmas Decorating - All Day
- 24 - Christmas Decorating - All Day
- 25 - Christmas Decorating - All Day
- 26/27 - Center Closed Thanksgiving Holiday

# PROGRAM CLASS SCHEDULE - Session I October thru December 2015

## MONDAY

10:00 - 2:00	AARP SAFETY DRIVING (December 14)	JIM LONG	\$15/Member-\$20/Non Member
9:30 - 11:30	PLAY WITH CLAY	ROBERT CANEDO	\$40 Per 8 Classes
1:00 - 3:30	STAINED GLASS ART	LARRY DE LUNA	\$40 Per 8 Class Session

## TUESDAY

*9:00 - 10:00	F.I.T.P. POWER WALKING	GLORIA DELA CRUZ/ANGEL RUIZ	FREE
*10:00 - 11:00	F.I.T.P. CIRCUIT TRAINING	RAMIRO RUSSEL	FREE
*11:00 - 11:45	Flex & Stretch (Oct-Dec)	GLORIA SANDOVAL	FREE
11:00 - 12:00	KARAOKE CLUB	ANDY GALAN	FREE
1:00 - 3:00	JEWELRY MAKING CLASS	JANIE CASTILLO	SUPLY FEE VARIES
1:15 - 3:30	COMMANDER'S HOUSE BINGO	GLORIA DIAZ	GAME DUES
	(1st Tuesdays 11/2 & 12/1 Only Due to Holiday Closures)		
1:30 - 3:30	OPEN ART STUDIO	CLASSROOM I	ENROLLMENT IN AN ART CLASS
1:30 - 3:30	OPEN STAIN GLASS STUDIO	CERAMICS	ENROLLMENT IN STAINED GLASS

## WEDNESDAY

*9:00 - 10:00	TAKE OFF POUNDS SENSIBLY	ROSE GUIA	TOPS & CoSA MEMBERSHIP REQUIRED
9:30 - 11:30	RIBBON FLOWER MAKING	ALICE BERAIN/ ESTELLA MARTINEZ	FREE
9:30 - 11:30	KNITTING/CROCHETING	GLORIA TREVINO	FREE
10:00 - 11:00	HAND PERCUSSION & KEYS Holiday Special	JAVIER GARCIA	\$30 PER SESSION 60 & OVER OR
11:00 - 12:00	BEGINNING GUITAR	JAVIER GARCIA	\$60 PER SESSION 18 - 59
11:00 - 12:00	INTERMEDIATE GUITAR	ARMANDO MARTINEZ	\$60 PER SESSION
10:30 - 12:00	QUILTING BEE	ROWENA LOPEZ	FREE
1:30 - 3:30	PAINT WITH LILLIE	LILLIE BALTAZAR	\$30 PER 8 SESSIONS
1:30 - 3:30	CERAMICS OPEN STUDIO (Oct-Dec)	JORGE DE LA ROSA	FREE

## THURSDAY

*9:00 - 10:00	F.I.T.P. POWER WALKING	GLORIA DELA CRUZ/ANGEL RUIZ	FREE
9:30 - 11:30	PLAY WITH CLAY	ROBERT CANEDO	\$40 Per 8 Classes
*10:00 - 11:00	Cardio Fit (Oct-Dec)	GLORIA SANDOVAL	FREE
*11:00 - 11:30	LINE DANCE FOR FITNESS	OLIVIA VALDEZ	FREE
10:30 - 11:45	C.H. BOOK CLUB (11/19 & 12/17)	JUANITA ASHER	FREE
1:30 - 3:30	PAINT WITH LILLIE	LILLIE BALTAZAR	\$30 PER 8 SESSIONS

## Friday

8:15 - 9:15	INTERMEDIATE GUITAR	BILL DOBBS	\$20 SUPPLY FEE PER MONTH
9:30 - 10:30	BEGINNER GUITAR	BILL DOBBS	\$20 SUPPLY FEE PER MONTH
1:30 - 3:30	OPEN ART STUDIO	CLASSROOM I	ENROLLMENT IN AN ART CLASS

**Classes are Co-Ed. Classes are subject to change. Minimum enrollment and attendance applies.**

**\*Students are asked to check with their doctors before participating. ALL CLASSES ARE CO-ED**

**Students** - Check with staff for any change that may occur after newsletter goes out.

**Guitar Classes** - Are by sessions - Please check with staff on starting dates.

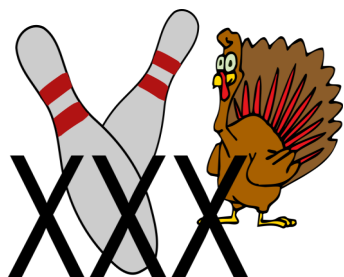
**For more information on all classes call staff at (210) 207-3010**

**Holidays Center is CLOSED: November 11, 24 and 25. December 24 and 25. January 1.**

# Helping Here.

**Chef**

**Albert Rodriguez**



**TURKEY BOWL**

**NOV 17, 2015**

**9:30 - 11 A.M.**

**SIGN UP TODAY!**

## FOOD ALLERGY NOTICE

We serve foods that contain milk, wheat, soy, eggs, peanuts, tree nuts, fish and shellfish. Though we appreciate the challenges posed by anyone having a food allergy, food sensitivity or food intolerance, we do not have the ability to accommodate any such allergies, sensitivities or intolerances at this time. Upon request, we will provide you with any ingredient information available to us but there is always a risk of contamination. If in doubt about what precautions you can take or what risks you may expose yourself to, please consult with a physician as neither the HEB Kitchen Staff nor the Commander's House Staff can make those decisions for you.



**CITY OF SAN ANTONIO  
PARKS & RECREATION**

**LUNCH IS BY  
RESERVATION  
ONLY. PLEASE MAKE  
RESERVATIONS BY  
WEDNESDAY OF THE  
PREVIOUS WEEK  
WITH JORGE AT  
210.207.3012.**

## November 2015

**Tuesday, November 3**  
Pork Roast,  
Mushroom Rice, Broccoli,  
Salad, Roll,

**Tuesday, November 10**  
Parmesan Chicken,  
Orzo Pasta, Broccoli Soup,  
Salad, Roll,  
Cheesecake

**Tuesday, November 17**  
**Thanksgiving Lunch**  
Turkey & Dressing, Mashed Potatoes,  
Green Bean Casserole, Salad, Roll,  
Pumpkin Pie

**Tuesday, November 24**  
**No Lunch**

**Wednesday, November 4**  
Fried Chicken,  
Mashed Potatoes, Green Beans,  
Salad, Cornbread,

**Wednesday, November 11**  
**Commander's House Closed  
in Honor of Veteran's Day**

**Wednesday, November 18**  
**Thanksgiving Lunch**  
Turkey & Dressing, Mashed Potatoes,  
Green Bean Casserole, Salad, Roll,  
Pecan Pie

**Wednesday, November 25**  
**No Lunch**

**Thursday, November 5**  
Meatloaf,  
Mac & Cheese, Peas & Carrots,  
Salad, Roll,

**Thursday, November 12**  
Gulf Fried Shrimp,  
Baked Potato, Normandy Blend  
Vegetables, Salad, Garlic Bread,  
Chef Choice Dessert

**Thursday, November 19**  
**Thanksgiving Lunch**  
Turkey & Dressing, Mashed Potatoes,  
Green Bean Casserole, Salad, Roll,  
Apple Pie

**Thursday, November 26**  
**Center Closed In  
Observance of  
Thanksgiving**

We are seeking volunteers to help the staff decorate the house for Christmas Open House. No experience necessary. All decorating will be done November 20, 23, 24, & 25. Anyone interested in assisting please see Jorge or Angel.

## December 2015

**Tuesday, December 1**  
Breaded Fish,  
Mac & Cheese, Santa Fe Blend,  
Salad, Roll,

**Tuesday, December 8**  
BBQ Chicken Breast,  
Rosemary Potatoes, Spicy Corn,  
Salad, Roll,  
Cherry Pie

**Tuesday, December 15**  
**Christmas Lunch**  
Ham,  
Scalloped Potatoes,  
Corn Medley, Salad, Roll,  
Tiramisu

**Tuesday, December 22**  
**Kitchen Closed**

**Tuesday, December 29**  
**Kitchen Closed**

**Wednesday, December 2**  
Tamales,  
Spanish Rice, Pinto Beans,  
Salad,

**Wednesday, December 9**  
Salisbury Steak,  
Mashed Potatoes, Peas & Carrots,  
Salad, Cornbread,  
Oatmeal Cookie

**Wednesday, December 16**  
**Christmas Lunch**  
Ham,  
Scalloped Potatoes,  
Corn Medley, Salad, Roll,  
Pumpkin Pie

**Wednesday, December 23**  
**Kitchen Closed**

**Wednesday, December 30**  
**Kitchen Closed**

**Thursday, December 3**  
Chicken Alfredo,  
Pasta, Italian Vegetables,  
Salad, Garlic Bread,

**Thursday, December 10**  
Tuna Melt Sandwich,  
Spring Mix w/Strawberry Vinaigrette,  
House Soup,  
Cupcake

**Thursday, December 17**  
**Christmas Lunch**  
Ham,  
Scalloped Potatoes,  
Corn Medley, Salad, Roll,  
Pecan Pie

**Thursday, December 24**  
**Center Closed for  
Christmas Eve**

**Thursday, December 31**  
**Kitchen Closed**



# VETERANS DAY CELEBRATION



**COMMANDER'S HOUSE ADULT & SENIOR CENTER**

**"In the Heart of the Old Arsenal 1883 - 1946"**

**November 10, 2015**

**10:30 a.m. - 1 p.m.**

**622 S. Flores**

**San Antonio, Texas 78204**

Come join us as we honor and recognize veterans on this special day. Veterans and guests alike will enjoy a Flag Ceremony by the American Legion Post 485 Color Guard, Guests Speakers, Entertainment, and a Special Luncheon by Chef Albert and H-E-B. Veterans wishing to participate may contact a staff member to sign up for recognition ceremony and luncheon. Lunch for veterans is complimentary all other guests and members are \$3 each.

**ADVANCE SIGN UP FOR VETERANS AND LUNCHEON  
RESERVATIONS REQUIRED. CALL 210.207.3010.**

# LUNCH BITES: Mmm...Mmm...Good!



Our lunch program of course! On Tuesdays, Wednesdays, and Thursdays, H-E-B helps sponsor a complete hot, home cooked lunch for just \$3.00. That's right, you read it correctly. H-E-B has been a proud partner of the Commander's house for 18 years strong. It's the best deal in town. What's the catch? Well, lunch is by reservation only, so come in and make your reservation today! While you are here, stay and check out some of the other great programs the center offers. Reservations are due by Wednesday of the previous week and seating is limited so the sooner the better.

For lunch reservations, call 210-207-3010 or stop by in person.

*Your Commander's House Family*

*Gloria, Angel, Jorge, Albert, & Jen!*

## THANKSGIVING LUNCHES

NOVEMBER 17, 18, & 19, 2014

12:00 P.M.



## CHRISTMAS LUNCHES

DECEMBER 15, 16, & 17, 2015

12:00 P.M.

The Holidays are right around the corner, this means our H.E.B. Thanksgiving & Christmas Lunches are coming up. We all know how packed this place gets for our turkey and all the trimmings so make your reservations early! We do ask you to consider limiting your reservation to one luncheon this holiday week as we have more requests for lunch than seats each day. This way we can give every member an opportunity to enjoy this festive and delicious meal. If we have not reached full capacity by the lunch deadline, we will allow members to make additional reservations. Do note group reservations must prepay.

## A Big "BRAVO" for Bravo for ArtAbility! Continued...

### Best In Show:

James Abernathy - "The Coliseum"

### People's Choice:

Lydia Lerma - "Tori"

### Category I: Painting/Drawing

#### 1st Place

James Abernathy - "The Colisseum"

#### 2nd Place

Mariana Guerero - "Apples & Pears"

3rd Place Victor Tello - "Mi Gallo"

#### Honorable Mention

Jean Evans - "Onion Duo"

#### Honorable Mention

Lupe Munoz - "Elvis"

### Category II: Photography

#### 1st Place

Felix Saucedo - "Escaramuza Parade"

### Place

Mel Feldman - "Up Up And Away In My Beautiful Balloon"

#### 3rd Place

Steven Recker - "Frozen Dreams"

### Category III: Jewelry

#### 1st Place

Shirley J. Gonzales - "Glass Art by Shirley"

#### 2nd Place

Vicenta Garcia - "Jewelry Recycle"

#### 3rd Place

Mary C. Alvarado - "Nueva Vida"

#### Honorable Mention

Agripina Jimenez - "The Soup"

### Category IV:

#### Pottery/Ceramics/Sculpture:

### 2nd

#### 1st Place

Helen Montagino - "African Queen"

#### 2nd Place

Gordon Ramsey - "Mountain Goat"

#### 3rd Place

Helen Ramsey - "Welcome"

### Category V: Fibers & Crafts:

#### 1st Place

Carmen Zapata - "Old St. Nick & Antique Toys"

#### 2nd Place

Diane French - "Day Lily"

#### 3rd Place

Michael Villanueva - "An Artist's Artist Work"

#### Honorable Mentions

Rowena Lopez - "Silk Tie Purse"

Marlene Tucker - "Roman Bath"

**Congratulations To Everyone!!**

# BE ON THE LOOK OUT FOR SOMETHING FUN...



## Turkey Bowl

November 17

9:30 a.m.

This year our annual Turkey Bowl will be held on Thursday, November 17. Space is limited to the first 20 contestants.

Do you have what it takes to bowl a turkey and win a prize? Will defending champion make their return back to the veranda to defend the title? Will it be just as exciting as it was last year? There's only one way to find out.

Sign up Now!!!



## Monthly Birthday Bash

Wednesday, November 4

Thursday, December 3

11:30 am - 12:30 p.m.

Our monthly Birthday Bash is a way for us to recognize our members who have had a birthday during the month. We recognize any member or guest who have also celebrated an anniversary during the month. Birthday Bash festivities start at 11:30 a.m. and will carry on through lunch as everyone honoree receives birthday corsage while they are serenaded with Happy Birthday tunes and various other festive favorites. Sponsored in part by Humana and HEB.

## VOLUNTEERS WANTED!

...for Christmas decorating

November 20, 23, 24, & 25, 2015

As many of you may know, it takes quite a bit of work to get this place decorated for the Christmas holidays. This year decorating will start Friday November 20 with hopes of having the finishing touches put on the house by Wednesday November 25. We have a great group of volunteers helping us every year and would love to see some more fresh faces fluffing garland and bows and helping to get this place ready for the holidays.

See Jorge or Angel for more details.



## Commander's House Cookie Swap

Thursday, December 17

1:30 p.m. - 3:00 p.m.

What is a Cookie Swap? Pretty much just what it sounds like: A gathering where cookie swapping takes place. It's kind of like a potluck but with cookies and since they are especially all the rage during Christmas time (not that cookies are ever not the rage) the swaps usually happen during December.

### So Here's The Deal:

You show up with a 2 dozen of your favorite recipe (extra points if it's been passed down for many moons by many grandmas) and trade away. Sadly, you don't inhale them all right there. You nibble on a few and bring home the rest to share with loved ones. How warm and fuzzy is that?

Hope to see you at the Commander's House Cookie Swap!



## 35th Annual Christmas Open House & Craft Sale

December 7

10:00 a.m. - 3:00 p.m.

Our 35th Annual Christmas Open House & Craft Sale is just around the corner. This year's theme is "A Story Book Christmas." Come support all our vendors and bring some friends to check out the Commander's House and see what all the fuss is about!

Entertainment and Refreshments Provided.

Vendor Tables Available \$35

## Hand Painted Christmas Ornament

December 11th

1:30 pm - 3:30 pm

\$10 per set of ornaments (Supplies Included)

A great holiday gift for everyone! Join us as we show you some of the basics and paint on some ornaments to hang on your tree this year. When the workshop is over, you will have yourself some hand made Christmas ornaments for your tree or give them as gifts to your loved ones.

Space is limited so sign up today!

## JOIN THE COMMANDER'S HOUSE BOOK CLUB

The club meets on a regular basis every third  
Thursday of the month at 10:30 a.m. Our

Volunteer Coordinators are  
Juanita Asher & Rowena Lopez

### REVIEW DATES AND BOOKS FOR 2015

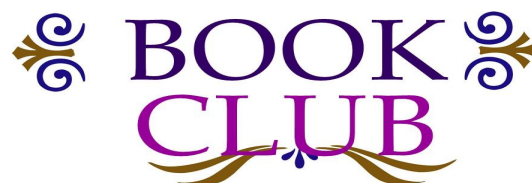
November 20

Any book on Ann Richards

December 15

"The School of Essential Ingredients" By Erica Bauermeister

For more information, call (210) 207-3010



*Read a Good Book Lately?*

Books are keys to wisdom's treasure;  
Books are paths that upward lead;  
Books are gates to lands of pleasure  
Books are friends, Come, let us read

Author Unknown

# November-January MEMBERSHIP PRIZE DRIVE

## Renew Your Membership Today!



Membership ID cards will be verified throughout the month of January.  
Come prepared to show proof of membership.

Prize drawing will be held on February 4, 2016

Adult and Senior Program Membership Fee :

60 years+ - \$7.00

18 - 59 years \$15.00



CITY OF SAN ANTONIO  
**PARKS & RECREATION**

## December/January Dates-To-Remember

### December 2015

- 1 - White Elephant Bingo 1:30 pm
- 4 - Session I Ends
- 6 - Christmas Open House 10:00 a.m. - 3:00 p.m.
- 11 - Hand Painted Christmas Ornament Craft 1:30 p.m.
- 14 - AARP Driver Safety Course
- 15 - Christmas Lunch 12:00 p.m.



- 16 - Christmas Lunch 12:00 p.m.
- 17 - Christmas Lunch 12:00 p.m.
- 17 - Cookie Swap 1:00 p.m.
- 24/25 - Center Closed / Winter Holiday

### January 2016

- 1 - Center Closed / New Years Day
- 4 - Session II Begins
- 8 - Welcome Back New Years Potluck
- 15 - Artist of the Month Returns to Commander's House



**CITY OF SAN ANTONIO  
PARKS & RECREATION**

**Commander's House Adult and  
Senior Community Center**

622 S. Flores  
San Antonio, Texas 78204

**Step Up to Recreation!**

**Staff:**

**Gloria De La Cruz-Sandoval,**  
Community Center Supervisor

**Jorge De La Rosa Jr.,**  
Community Center Leader

**Angel Ruiz,**  
Community Center Leader

**Albert Rodriguez**  
Kitchen Chef

**We're on the web at**  
**[www.sanantonio.gov/parksandrec](http://www.sanantonio.gov/parksandrec)**

Partner in the  
Senior Community

**Eighteen Years!**



**Helping Here.**

**MEMBERSHIP FEE:**

\$7 Per Person Per Year 60yrs. & Over

\$15 Per Person Per Year 18yrs. - 59yrs.

**COBRO de MEMBRESIA:**

\$7 Por Ano, Por Persona 60+

\$15 Por Ano, Por Persona 18anos - 59anos

**HELPFUL NUMBERS:**

San Antonio Non-Emergency Information.....Dial 311

Elderly & Family Services.....Dial 211

**LUNCH RESERVATIONS CALL 210.207.3010**

**Remember:** Your membership is also good at Lions Field Adult and Senior Center at 2809 Broadway (210) 207-5380, Granados Adult and Senior Center at 500 Frieling (210) 207-3285, and the Virginia Gill Community Center at 7902 Westshire (210) 207-3237.